DOCUMENT RESUME

ED 414 226 SO 028 038

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TITLE Kids Cook! Fabulous Food for the Whole Family.
ISBN ISBN-0-913589-61-6
PUB DATE 1992-00-00
NOTE 157p.; Illustrated by Loretta Trezzo-Braren.
AVAILABLE FROM Williamson Publishing Co., Box 185, Charlotte, VT 05445, telephone: 800-234-8791 ($12.95).
PUB TYPE Guides - Non-Classroom (055)
EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS Activity Units; *Cooking Instruction; Cooperation; Elementary Education; Experiential Learning; *Food; Manipulative Materials; Measurement; Measurement Equipment; *Recipes (Food)

ABSTRACT

This step-by-step guide for children provides a collection of over 150 recipes for breakfasts, lunches, salads, dinners, snacks, and desserts, with an emphasis on safety and creativity. The first chapter gives information concerning kitchen safety, utensils, term definitions, measuring equivalents, cleanup tips and other useful instructions. The recipes are presented in chapters: (1) "Let's Get Cooking!"; (2) "Breakfast Bonanzas"; (3) "Great Lunches"; (4) "Super Salads"; (5) "Quick Snacks and Easy Extras"; (6) "Soda Fountain Treats"; (7) "Delicious Dinners"; and (8) "Dynamite Desserts." An index is provided. (MM)

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